

# POWER LIFT®

POWERFUL IDEAS FOR POWERFUL RESULTS

## MID THIGH PULL - VALD VERSION

Power Lift's Mid-Thigh Pull (MTP) is compatible with VALD Max force plates and allows users to perform isometric movements in conjunction with the force plates. The uprights feature multiple positions in 1" increments, allowing users of all sizes to position the bar correctly.

### KEY FEATURES:

- 1" knurled & plated ISO Bar
- The bar is secured into notches using a locking pin
- 7-gauge plated uprights feature laser cut numbers and notches and offer 1" increments for adjusting the ISO Bar
- Range: 8" - 40" from top of force plates
- Portable w/ 3.5" thermo cushion non-marking wheels and handle
- Removable uprights using a clamp knob
  - no tools required
- Mid-Thigh Pull Base can fit inside the base of a Power Lift Rack if someone would like to use the rack for certain movements using the force plates
- D-Ring for Isometric Belt Squat (Belt not included)
- Compatible with VALD Max Force Plates
- Force plates not included
- Pass-through channels on the sides and middle of the MTP allow for connecting and charging the force plates
- Constructed from 10 and 7-gauge



### Overall Dimensions:

44 27/32" (H) x 39 3/4" (W) x 35 17/32" (D)  
146 lbs. (Approximate Weight)

### Warranty:

Lifetime conditional warranty on frame components. Five years on rotary bearings, guide rods, pulleys and weight plates. One year on belts, cables and grips. Ninety days on upholstery and items not specified.

### Part Number:

28631A

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